

**HOMETOWN**

Newburgh, New York

**EDUCATION**

Bachelor of Science -  
Workforce Education & Development

**CERTIFICATIONS**

Primary Personal Trainer

**AVAILABILITY**

Flexible

**SPECIALTY**

Helping you see results!

**MOTTO**

"Push yourself, but don't hurt yourself."

**FAVORITE EXERCISE**

Depends on clients' needs

**BIO**

I am a Group Fitness Instructor and Certified Personal Trainer who helps clients meet their personal fitness goals by providing an encouraging and fun training environment. Before I started a career in fitness, I served for 20 years in the U.S. Air Force as an Aircraft Avionics Technician. I earned an Associate's Degree in Avionics Systems Technology and a Bachelor of Science Degree in Workforce Education and Development. Since retirement, I have enjoyed raising my two children with my wife. I also enjoy running, camping, and occasionally DJ'ing special events. I am available for Personal Training consultations.



YMCA Personal Trainer  
**PAUL "BIRDMAN" LUMPKIN**